

BELIEFS, MOTIVATIONS, AND H-PLUS®

by Joseph Gallenberger, PhD

Joseph Gallenberger is a clinical psychologist with twenty years of experience as a psychotherapist in numerous settings. For the past ten years he has offered services such as insight psychotherapy, marital counseling, relaxation training, and trauma recovery to his private outpatient clients. Dr. Gallenberger is proficient in the use of the H-PLUS® Function exercises in his practice, as a TMI trainer, and personally. We're privileged to share the fruits of that experience.

Two major factors can influence how well the *H-PLUS* Functions work for you, and it is helpful to be aware of them as you work with the *H-PLUS* system. These two factors are “belief system” and “motivation.”

A belief system is any idea you have that helps or hinders Function operation. For example, the first exercise I learned was called *Short Fix*, for pain control. When injured a week later, use of the Function Command gave immediate, total, and lasting relief from that pain. This was because my belief system included the idea that “the mind is very powerful and can control pain” and the idea that “I am entitled to be free of this pain.” If, instead, my belief system had included strongly held ideas such as “it is not possible to control pain this easily, I deserve this pain because I was stupid enough to injure myself,” or “life is meant to be painful,” then this Function might not have worked as well. To reiterate: strongly held, conscious or unconscious negative beliefs can hamper Function effectiveness; strong positive beliefs can enhance Function effectiveness.

Next, please consider “motivation.” This is defined as the sum of all the feelings concerning successful, immediate, and complete operation of the Function. When I used the Command for *Short Fix*, my motivation was “pure.” I simply wanted the pain to stop—right then! “Mixed” motivations might have hampered success. Mixed motivations could be “I want this pain to gain me sympathy” and “I want this pain to keep me from having to do something unpleasant.”

Acute pain control is usually fairly simple in terms of belief system and motivation—we want the pain to go away quickly and there is no unconscious reason for keeping it. When attempting to apply certain other Functions, we may discover complex belief systems and motivations that can interfere with speed and effectiveness of operation.

Perhaps the greatest motivational and belief complexity lies in the area of habit change. For example, if someone is chronically overweight, the belief system may include such thoughts as “If I lose weight, will people approach me sexually, when I do not want this? Will I just put the

weight back on later and be even more disappointed in myself? If I don't eat heartily, will I be unhealthy and have less energy? I don't want to be liked and respected just for my body. Thin people are superficial and tense. Fat people are sensitive and happy." In the case of weight loss, motivation is also complex. Motivational stumbling blocks can include fear of being different than before, fear of the unknown, fear of resentment from family or friends, fear of sagging skin, and fear of deprivation from favorite foods. If you use a Function and it works well immediately, that is wonderful and you deserve the happiness that brings.

If you have less than perfect results, examine your beliefs to see where the interference arises. You can change those beliefs, if you choose. Talking them over with a friend, a therapist, or using the Functions *Let Go* and *Off-Loading* can help. Secondly, look at your motivation and see if you can make it "purer" by satisfying conflicting needs in other ways, reassuring yourself that fear of change is understandable but unnecessary.

Still "stuck" after exploring your belief systems and motivations? Honor yourself by deciding that the time is not right to use that particular Function. Try it again in a few weeks to see if you get better results. Also, many people find that, as they learn three or four, suddenly all Functions become more effective.

When addressing a chronic problem, realize that patience and practice may be all that is needed. A lifelong habit may indeed change rapidly with the *H-PLUS* exercises—the system is that powerful for many people. But such change also occurs at a more deliberate pace for others. Slower may be better for you in particular instances, giving you time to absorb change more smoothly.

Good luck with the exciting process of taking fuller charge of yourself!

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